

Youth Programs

Information (714) 327-7525



Kids in the Kitchen Age: 6-12

\$18 material fee is due to the instructor. Please bring your apron.

Kids will learn the basics of preparing foods (i.e. measure, mix, spread, cut, stir, taste and more) and at the end of each class sample their culinary creations.

Instructor: Debbie Dickens

Class Site: NCC

No Class: 2/20, 3/13

\$73/8 Wks* (Min.7/Max.15)

1746 1/23-3/27 W 3:30-4:20 pm

Let's Cook! Age: 3-5

\$18 material fee is due to the instructor. Parent participation is required.

Children will build small motor and early math skills as we measure, mix, spread, stir, roll and more. Bring your aprons and come enjoy cooking with your preschooler.

Instructor: Debbie Dickens

Class Site: NCC

No Class: 2/20, 3/13

\$79/8 Wks* (Min 5/Max 8)

1747 1/23-3/27 W 10:00-11:00 am

Culinary Kids! Age: 5-12

\$40 material fee is due to the instructor.

Come mash, mix, and mingle with Culinary Kids and make some zesty new friends in the process! Tempt even the pickiest palate with our savory snacks and tasty treats. You will be amazed at how fun making dinner for mom and dad can be. Join us for an hour of yummy after-school fun!

Instructor: Culinary Kids Staff

Class Site: NCC

No Class: 2/19

\$130/8 Wks* (Min 5/Max 20)

1790 1/29-3/26 T 3:45-4:45 pm

Spanish Class for Kids! Age: 6-9

\$35 material fee is due to the instructor.

Welcome to the PORTAL Enrichment program, which provides a unique opportunity to enjoy an after-school learning class and associated cultural activity. This beginner language learning program will come alive through fun and entertainment with music, puppets, big books, posters, picture cards, theater, felt board, trivia and bingo games. Language instruction is accompanied by cultural enrichment games, performances and activities.

Instructor: Maria D'Angelo

www.portallanguages.com

Class Site: NCC

\$245/12 Wks* (Min 5/Max 15)

1791 1/9-3/27 W 4:00-5:00 pm

A Chinese Language Adventure!

Age: 6-12

\$25 material fee is due to the instructor.

Fasten your seatbelts, you and your little explorer are off to "China." Our "pilot" navigates through curriculum, activities, and crafts in Mandarin. By learning the language spoken in Chinese schools, you'll be off to a great start!

Instructor: Pandarin Academy

www.pandarinacademy.com

Class Site: NCC

\$135/8 Wks* (Min 4/Max 20)

1801 1/9-2/27 W 4:00-5:00 pm

1802 1/10-2/28 Th 4:00-5:00 pm

Parent & Me Adventure

Through China Age: 2-5

\$30 material fee is due to the instructor.

Fasten your seatbelts, you and your little explorer are off to "China." Learn Mandarin through interactive games, activities, songs, stories, and crafts. Fun materials to take home for extended play.

Instructor: Pandarin Academy

www.pandarinacademy.com

Class Site: NCC

No Class: 1/19, 2/16

\$135/8 Wks* (Min 4/Max 20)

1798 1/10-2/28 Th 10:00-10:45 am

1800 1/12-3/16 S 10:00-10:45 am

Young Rembrandts

Pre-School Drawing Age: 3 1/2-5

The long winter months can lead to restlessness, so alleviate creative dormancy with a fun-filled Young Rembrandts class! We teach children to draw a variety of fun subjects like our patterned giraffe, feathery owl, and an introduction to drawing animals, people, and still life. All this and more await your budding artist. Visit us online at www.youngrembrandts.com.

Instructor: Young Rembrandts Staff

Class Site: NCC

\$75/5 Wks* (Min 6/Max 10)

1764 1/8-2/5 Tu 2:30-3:15 pm

1712 2/19-3/19 Tu 2:30-3:15 pm

Young Rembrandts

Elementary Drawing Age: 6-12

Make this a memorable winter with Young Rembrandts learning basic design and composition, as well as more refined and technical drawing techniques. Besides strengthening your child's drawing and coloring skills, he or she will learn art history as we present lessons featuring master artists like Leonardo Da Vinci and Franz Marc. Enroll your child today! Visit us online at www.youngrembrandts.com.

Instructor: Young Rembrandts Staff

Class Site: NCC

\$75/5 Wks* (Min 6/Max 15)

1763 1/8-2/5 Tu 3:30-4:30 pm

Young Rembrandts

Cartoon Drawing Class Age: 6-12

Encourage your child's enthusiasm for art and help develop his or her drawing skills. In this fun class, your child will learn about exaggeration, drawing facial expressions, and how to create cartoon characters by personifying a variety of everyday and unusual items. Giggles guaranteed – enroll today! Visit us at www.youngrembrandts.com.

Instructor: Young Rembrandts Staff

Class Site: NCC

\$75/5 Wks* (Min 6/Max 15)

1711 2/19-3/19 Tu 3:30-4:30 pm

Youth Programs/Dance

Information (714) 327-7525

ZumbAtomic® Tiny Stars Age: 2-6

Parent Participation Required.

Come bring your toddlers and have the time of your life Latin dancing together. You'll both love this lively and energetic class with bouncy Latin music and group dances. Interactive music created using maracas, drums, sticks, and props. Introduces Spanish Language. Come join our ZumbAtomic festival of colors, music, rhythms, songs, movement, and fun. Fiesta on the last day with a parade, face painting, music, and more.

Instructors: CS Dance Factory
www.CSDanceFactory.com
(949) 230-5934
Location: DRC

\$49/4 Wks* (Min 5/Max 15)

1730	1/15-2/5	Tu	10:30-11:00 am
1731	3/5-3/26	Tu	10:30-11:00 am

ZumbAtomic® for Kids Age: 5-12

ZumbAtomic boys and girls get fit, rock out and have a total blast! Designed exclusively for kids, this class is a rockin', high energy dance party packed with specially choreographed, kid-friendly routines and all the music kids love to groove to like hip-hop, latin, contemporary, and more. ZumbAtomic helps kids improve coordination, boost metabolism, and increase focus & self-confidence. Students dance demo on the last day. Performance opportunities with additional and optional fees. Wear gym shoes and bring a snack.

Instructors: CS Dance Factory
www.CSDanceFactory.com
Location: DRC
(949) 230-5934
No Class: 1/21, 3/11

\$49/4 Wks* (Min 5/Max 24)

1728	1/14-2/11	M	3:45-4:30 pm
1729	2/25-3/25	M	3:45-4:30 pm

Horse Fun for Tots Age: 3-6

\$15 material fee is payable to the instructor and parent participation is required.

Join your preschoolers as we learn about horses! We'll feed, halter, lead, mount, dismount and learn basic beginning riding skills. Wear close toed shoes.

Instructor: Cheryl Skidmore
Class Site: Anaheim Equestrian Center
1370 Sanderson Ave, Anaheim

\$65/4 Wks* (Min 6/Max 12)

1646	1/19-2/9	Sa	1:00-2:00 pm
1647	2/16-3/9	Sa	1:00-2:00 pm



Horse Fun for Kids Age: 7-12

\$15 material fee is payable to the instructor.

This beginning class teaches basic horsemanship such as grooming, saddle, pick hooves, mount, dismount and basic beginning riding skills that will prepare riders for individual lessons.

Instructor: Cheryl Skidmore
Class Site: Anaheim Equestrian Center
1370 Sanderson Ave, Anaheim

\$65/4 Wks* (Min 6/Max 12)

1644	1/19-2/9	Sa	2:00-3:00 pm
1645	2/16-3/9	Sa	2:00-3:00 pm

Shelmire Sport Horses Age: 5-18

Private/Semi-private

Learn basic horsemanship, goal oriented English riding in a fun environment. Grooming and proper preparation are also introduced. Wear close toed shoes and jeans. Boots provided.

* Class numbers list on-line

Instructor: Shelmire Sport Horses Staff
Class Site: OC Fairgrounds Equestrian Center
1071 Arlington Drive, Costa Mesa, CA

\$65/1 Day (30 min.) (Min 1/Max 2)

*	1/8-3/26	Tu	11:00-11:30 am
*	1/8-3/26	Tu	3:00-3:30 pm

\$85/1 Day (1 hr.) (Min 1/Max 2)

*	1/8-3/26	Tu	11:00-12:00 pm
*	1/8-3/26	Tu	3:00-4:00 pm

Down On The Farm Age: 18 mo.-6 yr.

\$15 material fee is payable to the instructor.

Children and their parents will learn about farm animals through puppets, story telling, songs, crafts, pony rides as well as feeding and interacting with farm animals.

Instructor: Cheryl Skidmore
Class Site: Anaheim Equestrian Center
1370 Sanderson Ave, Anaheim

\$58/4 Wks* (Min 6/Max 15)

1587	1/18-2/8	F	11:00 am-12:00 pm
1588	2/15-3/8	F	11:00 am-12:00 pm



Youth Program/Dance

Information (714) 327-7525

YOUTH DANCE CLASSES

All camps/classes of the Endeavor School of the Arts will be taught at 861 Production Place, Newport Beach, CA 92663
(949)548-3180

Refer to receipt for dance attire and other requirements

No Classes 2/18 - 2/23



website info www.danceendeavor.com

Tutu Tots

(Mommy & Me Tap/Ballet Combo)

Age: 2-3

Toddlers alongside their moms will learn basic dance movements while focusing on balance, coordination, and creativity through the use of props!

\$99/11 Wks*		(Min5/ Max 10)	
1760	1/8-3/26	T	9:00-9:45 am
1761	1/11-3/29	F	9:30-10:15 am
1762	1/12-3/30	Sa	10:00-10:45 am

Happy Feet

(Ballet & Tap Combo) Age: 3-5

This beginning ballet and tap class utilizes a multitude of props, creative stories, and interactive games to introduce the wonderful world of dance!

\$99/11 Wks*		(Min5/ Max 10)	
1638	1/7-3/25	M	2:45-3:30 pm
1639	1/8-3/26	T	9:45-10:30 am
1640	1/11-3/29	F	10:15-11:00 am
1641	1/12-3/30	Sa	10:45-11:30 am

Lil' Darlins

(Ballet & Jazz Combo) Ages: 4-6

This beginning class utilizes multiple props, creative stories, and interactive games to introduce the energetic style of jazz and the grace of ballet!

\$99/11 Wks*		(Min5/ Max 10)	
1748	1/8-3/26	T	10:30-11:15 am
1749	1/12-3/30	Sa	1:00-1:45 pm

Funky Feet

(Hip Hop & Jazz Combo) Ages: 4-6

Let's get those little feet moving! This beginning hip hop and jazz class is a fun, creative class that will introduce the wonderful and funky world of dance!

\$99/11 Wks*		(Min5/ Max 10)	
1593	1/11-3/29	F	3:30-4:15 pm
1592	1/12-3/30	Sa	1:45-2:30 pm

Hip Hop Ages: 8-15

Let's raise the roof! This is a basic introduction to hip hop; students will learn rhythm, coordination, and syncopation in a fun filled, funky environment!

\$99/11 Wks*		(Min 8/ Max 12)	
Beginning			
1743	1/7-3/25	M	3:30-4:30 pm

Jazz Dance Ages: 6-16

Jazz is vibrant, energetic, and fun! Join us to learn this fun style and focus on coordination, dynamics, basic technique, and rhythm!

\$99/11 Wks*		(Min 8/ Max 12)	
1654	1/11-3/29	F	5:30-6:30 pm

Tap Dance Ages: 6-16

This beginning tap class introduces the basic elements of tap through exercises in rhythm, dynamics, and syncopation.

\$99/11 Wks*		(Min 5/Max 15)	
1754	1/9-3/27	W	3:30-4:30 pm

Youth Basic Ballet Ages: 7-16

This basic ballet class will teach students the fundamentals of ballet technique while focusing on poise, coordination, flexibility, grace, and balance all while having a great time!

\$99/11 Wks*		(Min 8/Max 16)	
1784	1/12-3/30	Sa	2:30-3:30 pm

Cheer/Dance Ages: 7-16

Calling all cheerleaders! Join us to work on your basic pom movements, chants, basic stunting, and dancing in this new and fun class!

\$99/11 Wks*		(Min 5/Max 15)	
1737	1/12-3/30	Sa	1:30-2:30 pm

Youth Programs/Dance

Information (714) 327-7525



MONKEY STEPS

Parent & Me Princess Ballet

Age: 1½ - 3 yrs.

\$10 material fee is payable to the instructor.

Dress up in your most beautiful princess costume and come on over for a magical time featuring all things fairytale. Students will learn basic ballet steps and French terminology to the tunes of favorite princess songs. The last segment of the class will be devoted to a creative princess craft.

Instructor: Reina Rivera

Class Site: BCC

No Class: 1/21, 2/18

\$96/8 Wks*	(Min6/ Max 18)
1792	1/7-3/11 M 9:30-10:15 am

Moving to the Music

Age: 1½ - 3 yrs.

\$10 material fee is payable to the instructor.

Explore the magic of Winter through song, dance, and dramatic play for tiny toes. Classes include instrumental jam sessions, creative movement, a themed Winter craft and a puppet show featuring our special guest Elmo! Parents will receive a CD of the music featured from class.

Instructor: Reina Rivera

Class Site: BCC

No Class: 1/21, 2/18

\$96/8 Wks*	(Min6/ Max 18)
1793	1/7-3/11 M 10:30-11:15 am

Fairy Tale Princess Ballet

Age: 3 - 5 yrs.

\$10 material fee is payable to the instructor.

Dress up in your most beautiful princess costume and come on over for a magical time featuring all things fairytale. Students will learn basic ballet steps and French terminology to the tunes of favorite princess songs. The last segment of the class will be devoted to a creative princess craft.

Instructor: Reina Rivera

Class Site: BCC

No Class: 1/21, 2/18

\$96/8 Wks*	(Min6/ Max 18)
1794	1/7-3/11 M 11:30 am-12:15 pm

Tap/Jazz/Hip-Hop Combo

Age: 4 - 6 yrs.

\$10 material fee is payable to the instructor.

This new and exciting class was designed especially for your little one with a serious passion for dance. This combination class includes different elements of tap, jazz, and hip-hop. Students will learn technique, rhythm, and stage presence in addition to coordination and confidence. A performance of their work will be shown on the last day of class.

Instructor: Reina Rivera

Class Site: BCC

No Class: 1/21, 2/18

\$96/8 Wks*	(Min6/ Max 18)
1795	1/7-3/11 M 3:30-4:15 pm

YOUTH DANCE CLASSES

All classes of the
West Coast School of the Arts
will be taught at
890 W. Baker Street, Costa Mesa
(714) 754-4199
www.wcdance.com

*Refer to receipt for dance
attire and other requirements*

Beginning Ballet Ages: 7-11

Introduction to the fundamentals of Classical Ballet. Technique emphasizing correct body alignment, strength, and control.

\$101/10 Wks*	(Min 5/Max 14)
1803	1/12-3/16 S 9:00-10:00 am

Mommy & Me Ages: 2-3 yrs.

Parent Participation required.

Have fun with your toddler in this creative movement and music class. Explore Rhythm, rhyme, and song.

\$101/10 Wks*	(Min 4/Max 10)
1804	1/7-3/11 M 9:30-10:30 am

Combo Ballet/Jazz Ages: 3½ -5 yrs.

This beginners Ballet and Jazz class introduces the basic technique of ballet, along with some energetic Jazz technique.

\$101/10 Wks*	(Min 5/Max 15)
1805	1/7-3/11 M 9:30-10:30 am

Fairyland Ballet Ages: 2-3 yrs.

Fun introduction to the basic fundamentals of dance movement. Nourish young dancer's creativity and imaginations exploring classical ballet along with fun props.

\$101/10 Wks*	(Min 5/Max 15)
1806	1/7-3/11 M 10:30-11:30 am

Acro/Jazz Ages: 3½ -5 yrs.

Join us for Jazz technique combined with tumbling skills, acrobatic tricks and flexibility.

\$101/10 Wks*	(Min 5/Max 15)
1807	1/7-3/11 M 10:30-11:30 am

Youth Programs/Gymnastics

DRC Information (714) 327-7560

Regular Gymnastics Instruction

Note: Gymnastics registration will take place at DRC, NCC, and online. Instructor ratio is 1:9. Parents are asked to observe class instruction on the first and last day of session only. All Gymnastic classes are held at DRC gym. No make-ups are given for missed classes.

Instructor: Antje Morris
(714) 305-9630
Location: Downtown
Recreation Center,
Gymnastics Room
No Class: 1/21, 2/18



Girls Only

\$108/10 Wks*

Age: 4½ - 6 (Beg/Int 1)

1611	Melissa	1/8-3/11	T	1:45-2:40 pm
1742	Melissa	1/9-3/12	W	12:45-1:40 pm
1610	Melissa	1/10-3/14	Th	1:45-2:40 pm
1609	Melissa	1/11-3/15	F	2:25-3:20 pm
1612	Melissa	1/12-3/16	Sa	11:00-11:55 am

Age: 6 - 12 (Beg/Int)

1606	Melissa	1/9-3/13	W	1:45-2:40 pm
1607	Melissa	1/9-3/13	W	2:45-3:40 pm
1596	Antje	1/10-3/14	Th	3:40-4:35 pm
1604	Melissa	1/12-3/16	Sa	12:00-12:55 pm
1605	Melissa	1/12-3/16	Sa	2:00-2:55 pm

Age: 4 - 5 (Int)

1624	Melissa	1/7-3/25	M	10:30-11:25 am
1625	Melissa	1/10-3/15	Th	10:30-11:25 am

Age: 5 - 10 (Int 1 & 2)

1616	Melissa	1/7-3/25	M	2:45-3:40 pm
1617	Antje	1/10-3/14	Th	2:45-3:40 pm
1614	Antje	1/11-3/15	F	3:20-4:15 pm
1615	Antje	1/11-3/15	F	4:15-5:10 pm

Age: 6 - 10 (Int 3 & 4)

1620	Antje	1/10-3/14	Th	4:35-5:30 pm
1619	Melissa	1/12-13/16	Sa	1:00-1:55 pm

Age: 8 - 18 (Int 3 & 4)

1621	Antje	1/10-3/14	Th	5:30-6:25 pm
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Age: 8 - 18 (Beg/Int 1 & 2)

1618	Antje	1/11-3/15	F	5:10-6:05 pm
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\$163/10 Wks*

Age: 8 - 18 (Int 6)

1623	Antje	1/10-3/14	Th	6:25-7:50 pm
1622	Antje	1/11-3/15	F	6:05-7:30 pm

Individualized Approach

Class Site: DRC Gymnastics Room

Instructor: Antje Morris
(714) 305-9630

Girls Only

\$176/10 Wks*

Age: 6-10 (Int 2 & 3)

(Min 5/Max 9)

1627	Antje	1/7-3/25	M	3:20-4:15 pm
1626	Antje	1/7-3/25	M	7:00-7:55 pm
1628	Antje	1/8-3/12	T	4:15-5:10 pm
1629	Antje	1/8-3/12	T	5:10-6:05 pm

Age: 8-18 (Int 4 & 5)

1630	Antje	1/7-3/25	M	4:15-5:10 pm
1631	Antje	1/7-3/25	M	5:10-6:05 pm
1632	Antje	1/7-3/25	M	6:05-7:00 pm
1633	Antje	1/8-3/12	T	3:20-4:15 pm
1772	Antje	1/8-3/12	T	6:05-7:00 pm

Coed

\$108/10 Wks*

Age: 2 - 3 (Parent & Me)

1581	Melissa	1/7-3/25	M	9:30-10:25 am
1613	Melissa	1/8-3/12	Tu	10:30-11:25 am
1602	Melissa	1/11-3/15	F	10:30-11:25 am
1603	Melissa	1/12-3/16	Sa	9:00-9:55 am

Age: 3 - 4 (Beg/Int 1)

1771	Melissa	1/7-3/25	M	11:30 am-12:25 pm
1599	Melissa	1/8-3/12	Tu	9:30-10:25 am
1600	Melissa	1/9-3/13	W	10:00-10:55 am
1598	Melissa	1/10-3/14	Th	11:30 am-12:25 pm
1597	Melissa	1/11-3/15	F	9:30-10:25 am
1601	Melissa	1/12-3/16	Sa	10:00-10:55 am

Boys Only

\$108/10 Wks.*

Age: 4½ - 6 (Beg/Int 1)

1595	Melissa	1/7-3/25	M	1:45-2:40 pm
1634	Melissa	1/9-3/13	W	9:00-9:55 am

Age: 6 - 10 (Beg/Int 1)

1608	Melissa	1/9-3/13	W	3:40-4:35 pm
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Youth Programs

Information (714) 327-7525



Basics of Skateboarding

Afterschool Camp

Age: 5-12
Basic/Intermediate tricks, bowl skating, skatepark etiquette.

All lessons given by an experienced instructor within groups. A \$25 insurance fee is due to instructor on the first day of class.

Location: Volcom Skatepark
Instructor: Basics of Skateboarding Staff

<u>\$159/4 days*</u>	<u>(Min 6/Max 30)</u>		
1572	1/15-1/24	T/Th	3:30-6:30 pm
1573	2/5-2/14	T/Th	3:30-6:30 pm
1574	3/5-3/14	T/Th	3:30-6:30 pm

TH Hoops Basketball

This youth instructional class is designed for both boys and girls new to the sport of basketball and the intermediate player interested in polishing his/her existing basketball skills. Practices will be held on Wednesday nights with one game per week on Saturdays for six consecutive weeks.

Instructor: TH Hoops
Class Site: DRC Gym
No Class: 3/16

<u>\$104/11 Wks*</u>	<u>(Min 50/Max 200)</u>		
1759	1/19-3/30	S	10:00-10:30 am

Saturday, Jan. 12 Assessment

Grades 1-2	9:00-10:00 am
Grades 3-4	10:00-11:00 am
Grades 5-6	11:00 am -12:00 pm
Grades 7+	12:00 - 1:00 pm

TriFytt Sports

Instructor: TriFytt Sports Staff. All camps/classes located at BCC.

TriFytt soundly believes that every child's progression is aided and improved by encouragement and fundamental help. Coaches are knowledgeable, friendly, focused, and committed to giving hands.

Tee-Ball

Every child will also be given a camp t-shirt.

Kids will learn the basics of tee-ball, as well as fine tune their motor and socialization skills in a fun and safe environment.

Mommy/Daddy & Me

Parent participation required

\$76/6 Wks*		(Min 8/Max 20)	
Age: 2-3			
1700	1/30-3/6	W	2:30-3:00 pm

Tee-Ball

<u>\$76/6 Wks*</u>	<u>(Min 8/Max 20)</u>		
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Age: 3-4			
1701	1/30-3/6	W	3:00-3:45 pm
Age: 4-6			
1702	1/30-3/6	W	4:00-4:45 pm



Multi Sport

Every child will be given a camp t-shirt.

Have your child introduced to soccer, tee ball, and basketball in a fun and safe environment as well as fine tune their motor and socialization skills while making new friends.

No Class: 2/16

\$76/6 Wks*		(Min 8/Max 20)	
Age: 2-3			
1673	2/2-3/16	S	10:00-10:30 am
Age: 3-5			
1674	2/2-3/16	S	9:00-9:45 am
Age: 4-6			
1675	2/2-3/16	S	10:30-11:15 am

Basketball

Every child will also be given a camp T-shirt.

Have your child learn basketball in a fun and safe environment, as well as fine tune their motor and socialization skills while making new friends.

<u>\$76/6 Wks*</u>	<u>(Min 8/Max 20)</u>		
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Age: 4-6			
1735	2/1-3/8	F	3:00-3:45 pm
Age: 7-12			
1736	2/1-3/8	F	4:00-4:45 pm

Soccer

Age: 18 mo- 8 yrs
The Lil' Fytt Stars soccer curriculum is designed to fine-tune each child's motor and socialization skills and staff concentrates on teaching the benefits of sportsmanship, sharing, and teamwork.

No Class: 2/18

Mommy/Daddy & Me

Parent participation required

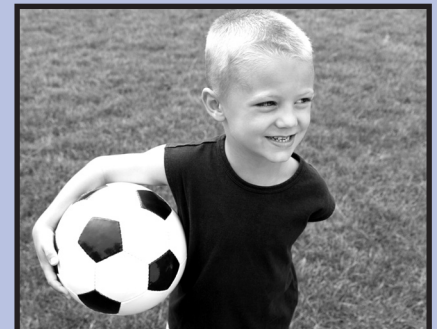
<u>\$76/6 Wks*</u>	<u>(Min 8/Max 20)</u>		
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Age: 2-3			
1693	1/28-3/11	M	10:00-10:30 am
1694	1/28-3/11	M	2:30-3:00 pm
Age: 3-4			
1695	1/28-3/11	M	10:30-11:00 am

Soccer

<u>\$76/6 Wks*</u>	<u>(Min 8/Max 20)</u>		
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Age: 3-4			
1696	1/28-3/11	M	3:00-3:45 pm
Age: 4-6			
1698	1/28-3/11	M	4:00-4:45 pm



Youth Programs

Information (714) 327-7525



Baby-Sitter, CPR, & Pediatric First Aid Training**

Age: 10-18

Advance registration is required

\$44 material fee is payable to the instructor; details provided on receipt

You can impress employing parents with your CPR and pediatric first aid certifications, organizational skills, and ability to safely care for, feed and entertain children. Class includes hands-on activities, training book, and binder.

Instructor: Healthy U
(714) 374-3008
Class Site: NCC

\$49/1 Day* **Min 6/Max 16**

1571 3/9 Sa 8:30 am-4:00 pm

Aerial Dance Fitness**

Ages: 12+

Conditioning exercises and dance using (3) suspended apparatus - Silk/Tissu, Hoop and Hammock, while learning movement and extensive stretching elements to develop core strength, flexibility, endurance, balance and grace.

Instructors: OC Aerial Arts
Class Site: 2777-D Bristol St., Costa Mesa

\$93/4 Wks.* **(Min 1/Max 12)**

1567 1/9-1/30 W 6:00-7:30 pm
1568 2/6-2/27 W 6:00-7:30 pm
1569 3/6-3/27 W 6:00-7:30 pm

Kids Yoga**

Age: 6-13

Yoga postures, breathing, and meditation will be introduced in a super fun way! Kids will learn how to find their center and connect to themselves to enjoy their intrinsic, peaceful and joyful nature. There will be a big emphasis on positive thinking.

Instructor: Jessi Conder-Moon
Class Site: NCC
No Class: 1/21

\$49/5 Wks* **Min 7/Max 20**

1672 1/7-2/11 M 3:30-4:20 pm
1779 1/25-3/25 M 3:30-4:20 pm

Samurai Cop's

Basic Self-Defense

Age: 6-17

This course teaches children how to become more confident through the use of defense techniques of Aikido, Judo and Karate Jutsu. Students learn about stranger awareness, how to avoid conflicts, deal with bullies and how to be safe both in the home and on the streets. Students completing this course will receive a Certificate of Completion allowing them to enroll in additional classes offered by the Academy. Visit the Samurai Cop website www.samuraicop.com

Instructor: Sensei David Dye
Class Site: 1360 Logan Avenue #108
Costa Mesa

\$93/12 Wks* **(Min 5/Max 12)**

1690 1/7-3/25 M 6:00-7:00 pm

Kung Fu

Age: 5-12

Uniform fee: \$15

We understand the importance of finding quality programs for children, so we offer a program with a good basis for fitness while giving the motivation to work hard toward a goal. We do not use a militaristic approach, but instead encourage mutual respect and self-discipline.

Instructor: Sifu Joyce Ptrick
Class Site: Newport Beach Shaolin-Do
1606 Monrovia Avenue, Costa Mesa

\$109/10 Wks* **(Min 5/Max 30)**

1663 1/15-3/21 T or Th 5:00-5:45 pm

Olympic Jr. Judo & Self Defense

Age: 5-12

Uniform fee: \$49

This special class is being taught by Grand Master Nori Bunasawa who is a former Japanese World Team member and U.S. World Judo team coach. He will teach the secret of successes of the Olympic Judo basics, as well as physical and mental discipline. He will also teach the ancient Judo self defense (Judo/Karate and original BJJ Jiu-jitsu combined with self defense arts)

Instructor: Nori Bunasawa
Location: Hougaji Temple, 254 Victoria St.
Costa Mesa, CA

\$85/4 Wks* **(Min 5/Max 25)**

1808 1/8-1/29 Tu/F 5:30-6:30 pm
1809 2/1-2/26 Tu/F 5:30-6:30 pm
1810 3/5-3/29 Tu/F 5:30-6:30 pm

Karate

Age: 6-14

Refer to receipt for dress attire and missed classes information.

Traditional Japanese Karate develops self-confidence, stamina, self-discipline, agility, physical and mental conditioning, increased energy, self-control and self-defense. Shito-Ryu style Karate is taught year-round with an opportunity to progress in rank.

Instructor: Roy Center
Class Site: BCC
No Class: 2/19, 2/21

Beginners

\$78/11 Wks* **(Min 8/Max 35)**

1657 1/8-3/26 Tu 3:30-4:45 pm
1658 1/10-3/28 Th 3:30-4:45 pm

Intermediate

\$78/11 Wks* **(Min 8/Max 35)**

1659 1/8-3/26 Tu 4:45-6:00 pm
1660 1/10-3/28 Th 4:45-6:00 pm

Advance (Red and Blue Belts Only)

\$78/11Wks* **(Min 8/Max 35)**

1655 1/8-3/26 Tu 6:05-7:25 pm
1656 1/10-3/28 Th 6:05-7:25 pm

Unlimited Attendance

\$121/11Wks* **(Min 8/Max 35)**

1661 1/8-3/28 Tu/Th 3:30-7:25 pm

